



honor your Self

“PEOPLE SAY IT’S NAÏVE TO THINK YOU CAN MAKE A DIFFERENCE, BUT I DON’T. EVEN IF YOU MAKE A DIFFERENCE IN ONE PERSON’S LIFE, IT’S WORTH IT.”



Casaja Fritzler 26  
Crow  
Lodge Grass High School  
Montana State University  
Registered Nurse

Casaja Fritzler loves helping people. “If I could have a job encouraging people,” she says, “I would definitely do that.” That’s why she chose the profession of nursing, and why she has chosen to return to her community and work on the Crow Reservation. “In the Caring for Our Own program that helped me get through school,” she says, “they always talked about culturally sensitive care. I take that to mean getting on the inside and understanding it from there.” Having been born and raised on and around the Crow Reservation, Casaja says, she already knows “how Crows think and carry themselves,” and she uses that knowledge to try and “help the Crows become a healthier population.”

“I’D LIKE TO LET EVERY STUDENT TO KNOW THEY HAVE SO MUCH INSIDE OF THEMSELVES THAT THEY DON’T SEE. I WOULD LIKE THEM TO SEE THAT THEY CAN MAKE IT DESPITE WHAT THEY HAD TO GO THROUGH.”

Casaja also believes that healthcare goes beyond caring for the body. “I always knew from the beginning,” she says, “right when I went into nursing, that I wasn’t there just to take care of the physical aspects of health. My view of health is not just a healthy body—it’s also a healthy mind and a healthy spirit. It’s holistic nursing. We read about it in nursing books, but I actually live by that. I don’t go in there and just say what’s going on with your body. I always pay attention to the psychosocial part of nursing.”

School wasn’t always easy for Casaja. She grew up struggling and believing that Native Americans are not supposed to be smart. But thanks to support from her mom, Casaja found the strength to be successful. Now she has a family, a career that she loves and a deep spirituality that she treasures. “No matter what obstacles there are,” she advises, “you can overcome them. You have to know that you can do it.”



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